

## HOW SNUGZ CPAP MASK LINERS WORK FOR YOU.

Snugz CPAP mask liners are easy to use, easy to care for, and feel great. Let our innovative liners revolutionize your CPAP experience.



### Designed to fit.

Whether you choose our full-face (nose and mouth) CPAP mask liner or nasal (nose only) mask liner, Snugz will wrap snugly around your mask and rest softly on your face\*. The liner helps to grip the skin and keep the mask in place around the nose and mouth, reducing the need for a chin strap



### No more noisy air leaks.

Our soft Snugz liners fit your face better and eliminate those large, noisy leaks that wake you up. This better seal is especially beneficial for high-pressure/-flow PAP patients and can reduce nightly sleep disturbances and AHI.



### Say goodbye to redness and irritation.

Breathable and moisture-wicking fibers make your skin feel cool, dry, and comfortable, while reducing pressure marks, skin breakdown, and pressure sores. Snugz provides a protective barrier for patients with sensitivities to mask materials.



### Less work, less cost.

By reducing the oils and sweat absorbed by the mask cushion, Snugz lessens the burden of cleaning and replacing your masks. Snugz liners are easily washed with your normal laundry. Plus, your two-pack will last up to 90 days—making them more than 300% more cost-effective than disposable liners.



### The Science of Snugz. Understanding a better seal.

Despite common misconceptions, small mask leaks can be beneficial. By allowing just the right amount of air flow through the fabric, Snugz keeps your skin dry and your mask cool. Your machine may record leakage; don't worry—if your sleep disturbances and AHI are lower, then your Snugz is doing its job.



**MASK**  
is less hot  
and stuffy.



**FABRIC**  
breathes  
and wicks  
moisture.



**SKIN**  
stays cool  
and dry.

## INSTRUCTIONS & TIPS

### Choose your Snugz.

Snugz is built for ease and comfort. For convenient Snugz Mask Liners instructions for use, simply select your CPAP mask style and follow step-by-step instructions on how to apply it to

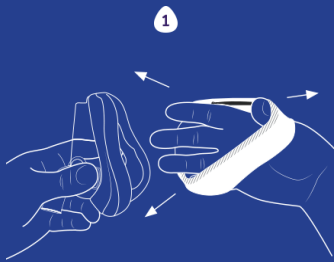


Snugz Full-Face Mask Liners will fit all sizes of all nose-and-mouth masks except for the ResMed Mirage Quattro, the extra-large Fisher and Paykel Forma, and the large ResPironics ComfortGel. They are also not recommended for under-the-nose masks such as the ResPironics Amara View or DreamWear and the ResMed F30, or total face masks such as the ResPironics FitLife.

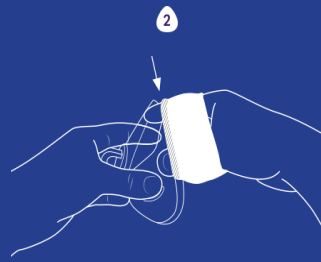


Snugz Nasal Mask Liners will fit all sizes of all nasal masks (around the nose only) except for the ResMed Mirage Activa, but are not intended for nasal pillows or nasal prongs (under the nose).

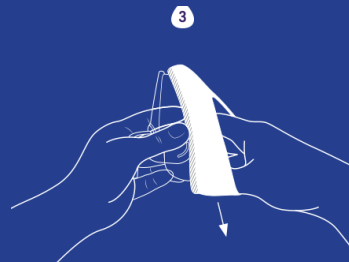
## FULL-FACE CPAP MASK LINER INSTRUCTIONS & TIPS FROM SNUGZ



1 First, slide your hand through the mask liner with the black line facing inward, touching your fingertips. Use fingers to spread the liner open.



2 Next, hook the upper edge of the mask liner over the top of your mask. The black line should be facing the mask. Easy enough.



3 Then stretch the mask liner to secure over the other rounded corners of the mask. Almost there!

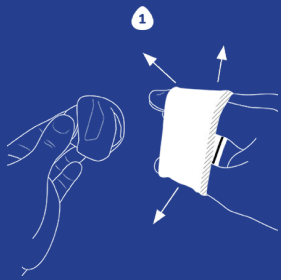


4 Finally, achieve your desired mask coverage and comfort through minor tugging adjustments. For best results, ensure that Snugz are pulled inside the mask enough to cover all of the rubber mask cushion. That's it. Really. Now go to sleep.

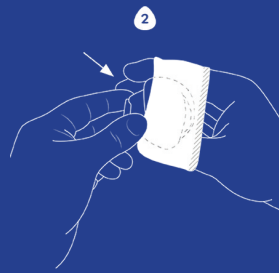
# Snugz Full Face Mask Liners - Guide

CPAP Mask	Yes	No
Respironics Amara (nose and mouth inside)	All Sizes	
Respironics Comfort	All Sizes	
Respironics Comfort Gel Full Face Blue	S-M	L
Respironics FitLife		×
Respironics AmaraView		×
Respironics DreamWear (under-the-nose mouth mask)		×
ResMed F30		×
ResMed Mirage Quattro		×
ResMed Quattro FX	All Sizes	
ResMed AirFit F20	All Sizes	
ResMed AirTouch F20	All Sizes	
ResMed AirFit F10	All Sizes	
ResMed Mirage Liberty		×
ResMed Ultra Mirage	All Sizes	
ResMed Ultra Mirage II	All Sizes	
ResMed Quattro Air	All Sizes	
SleepNet MOJO Gel Full Face Mask	All Sizes	
AG Industries Full Face	All Sizes	
Veraseal Hospital Grade Disposable	All Sizes	
Carefusion Full Advantage	All Sizes	
SleepWeaver Anew		×
Fisher & Paykel Simplus Full Face Mask	All Sizes	
Fisher & Paykel Forma	S-L	XL
Fisher & Paykel Flexifit 431 / 432 full	All Sizes	
Fisher & Paykel Oracle 452		×
Fisher & Paykel Simplus Full Face Mask	All Sizes	
Fisher & Paykel Vitera	All Sizes	

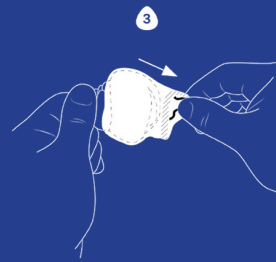
## NASAL CPAP MASK LINER INSTRUCTIONS & TIPS FROM SNUGZ



First, slide your hand through the mask liner with the black line towards your knuckles. Use your fingers to spread the liner open.



Next, stretch the liner over your nasal mask so that it covers the rubber mask cushion. Easy enough.



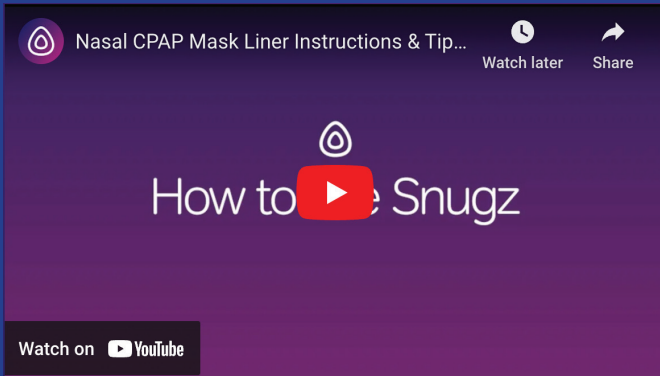
Then, pull the end of your Snugz with the black line so that it extends about half an inch (1.25 cm) past the rubber cushion.



Finally, use your thumbs to fold your Snugz inside the mask so that the black line is behind the inner edge of the CPAP nose gel pad.

### TIPS

- Give your Snugz a few stretches before applying it if you feel it's too tight on your mask.
- Make sure that the black seam is pushed inside of the mask enough so that it ends up behind the inner edge of the mask cushion.
- Note that the breathability of Snugz will leave you with a different sensation on your skin—your skin will feel cooler and dry. For some patients, this can take some getting used to, but it will help keep your skin irritation-free.



<https://youtu.be/khMrZDSXm4c>

### WASHING INSTRUCTIONS.



Snugz are low maintenance. Simply toss them in with your regular laundry between uses to keep them fresh. And, yes, you can throw them in the dryer as well. Feel free to use fabric softener—just steer clear of harsh chemicals and bleach, as they may irritate skin. We recommend having at least one Snugz for each day of the week so you can cycle them through with your weekly laundry.

# Snugz Nasal Mask Liners - Guide

CPAP Mask	Yes	No	CPAP Mask	Yes	No
Respironics Wisp	All Sizes		ResMed Ultra Mirage II	All Sizes	
Respironics Pico	All Sizes		ResMed N30		X
Respironics ComfortGel	All Sizes		Fisher & Paykel Eson	All Sizes	
Respironics Comfort Select	All Sizes		Fisher & Paykel Zest	All Sizes	
Respironics Comfort Curve		X	Fisher & Paykel Zest Q	All Sizes	
Respironics Comfort Fusion	All Sizes		Fisher & Paykel Eson II	All Sizes	
Respironics Comfort Classic	All Sizes		Fisher & Paykel FlexiFit 405	All Sizes	
ResMed TrueBlue	All Sizes		Fisher & Paykel FlexiFit 406	All Sizes	
Respironics Profile Lite	All Sizes		Fisher & Paykel FlexiFit 407	All Sizes	
Respironics EasyLife		X	Fisher & Paykel Aclaim 2	All Sizes	
Respironics DreamWear		X	Fisher & Paykel Brevida		X
Respironics Nuance		X	Fisher & Paykel Opus 360		X
Respironics OptiLife		X	Fisher & Paykel Pilairo		X
Respironics GoLife		X	InnoMed Nasal-Aire		X
Respironics ComfortLite 2		X	Hudson RCI Bravo / Bravo II		X
ResMed AirFit N10	All Sizes		Aloha Nasal Pillow		X
ResMed AirFit N20	All Sizes		TAP PAP		X
ResMed AirFit P10		X	Stealth Nasal Pillow		X
ResMed Swift FX Nano	All Sizes		Puritan Bennet Breeze SleepGear		X
ResMed Swift FX		X	Bleep DreamPort		X
ResMed Swift LT		X	DeVilbiss EasyFit	All Sizes	
ResMed Mirage Micro	All Sizes		DeVilbiss FlexSet	All Sizes	
ResMed Mirage Activa		X	Sylent Nasal	All Sizes	
ResMed Mirage Softgel	All Sizes		Zzz Nasal	All Sizes	
ResMed Mirage FX	All Sizes		SleepNet Phantom		X
ResMed Mirage Swift		X	SleepNet IQ		X
ResMed Mirage Vista		X	CareFusion Hush	All Sizes	